Healthy food

Eat this tablet every day and you will lose weight… Try this cream and you will get your dream body… This is a simply machine which helps you to get fit…

Have you ever heard any of these advertisements? I'm sure you have and I hope you didn't believe them. Everyone wants to be fit, to have tall and slim body, without any fat. But then they ask themselves; how can I get perfect body? They read many books and try so many diets, but they don't help them. But have perfect body isn't only women's wishes, as people think. Nowadays also men want to look perfect, well build and of course that women would like admire them.
But these goals can not be achieve with creams, tablets and things like that. If you want to be slim you should:

- eat healthy food
- take more exercises

This knows every body, but here comes a question:

What is really healthy food?

We all know that we have to eat fruit, fresh vegetables (fresh, not cooked),
fishes prepared on olive oil and so on. And of course
you shouldn't eat sugar, sweets, cakes and fat.
And
you shouldn't eat once or twice a day and a lot,
but
you should have five small meals per day.

But do you know have important is to drink a lot of water?
Experts say we have to drink at least two litres of water per day. It is very important for our body function. And avoid drinks with bubbles (like Cocca – Cola, Fanta…).

Replace saturated fats that cause bad cholesterol with good cholesterol found in olive oil, apples, salmon, tuna, mackerel and sardines as also almonds, avocados, nuts

and meat.

Going green on avocados, kiwifruit, green apples, zucchini, Chinese cabbage and Brussels sprouts will help in building strong bones and teeth. Powerful antioxidants in yellow/orange produce such as oranges; grapefruit, papayas, peaches, carrots and pumpkin give you healthy food for your heart and eyes. Fiery red in tomatoes, beets, radish, pomegranates and rhubarb are also essential for vital nutrient food.

A simple day in your diet...
Here is my suggestion for a healthy menu:

BREAKFAST:- Start your day with a glass of natural juice (orange or tomato)
　　　　　　 - Cornflakes (but not the chocolate one!) or
　　　　　　 - A slide of black bread with butter and jam
SNACK:　　　 - Fruit or yoghurt
LUNCH:　　　 - A grilled chicken salad on a bed of romaine with
　　　　　　　 a delicious balsamic vinaigrette
　　　　　　 - A cold ice tea, diet soda, or sparkling water.
SNAKE:　　　　 fruit or yoghurt
DINNER:　　　 - Grill or sear fresh tuna with a spicy marinade
　　　　　　　 with grilled vegetables, and salad.

I suggest you to try my recipe

SPRING LUNCH
Use wok, this is special Chinas dishes. Put it on fire and alloy 0.3 dl of
olive oil. Wait some minutes and then add cut chicken or
pork. Turn meat sometimes till it is not white. Then
add cut carrot and red or white peppers. Mix
everything together. At the end add some circles
of onions and if you wish some garlic. But you have
to mix it all the time.
This is very healthy and good (special carrot!) food.
So you can see that, healthy food isn't always disgusting.

Some really strange advices:
-　every morning drink a glass of apple vinegar
-　while eating listen classic music, because then you eat slower
-　fresh vegetables (salad) is good to eat first, because fresh
　vitamins shouldn't mix with other hot food
-　if you are sportsman drink mix of honey, vinegar and water (my
　opinion; it is very disgusting, but good for your body)

And here is a recipe, which is very healthy as experts say:

Peppered scallops

Ingredients
   2   spoons butter
   2   cloves garlic, finely chopped
   3   green onions, sliced
   2   pounds sea scallops
   1   sweet red pepper, thin strips
   1   sweet yellow pepper, thin strips
   1   sweet green pepper, thin strips
   1/2 cup orange juice

   Heat butter in large non-stick skillet. Add garlic and green
   onion; sauté for 2 minutes. Add scallops; sauté for 3 minutes.
   Add sweet peppers; sauté for 3 minutes. Add orange juice; cook
   for 2 minutes or until scallops are cooked through.

Is fast food healthy?

Of course not, but you can eat it, just note this:
Choose smaller sized portions of pizzas. Choose pizzas with thin crusts
and go easy on the cheese and extra meat toppings. Opting for low fat
alternatives to traditional fast food such as a salad, baked potato and
grilled chicken salad is another good step towards building good
healthy food habits.
The unhealthy trend among children to choose chips over everything
and ignore the messages of healthy food is disturbing. It has been
noticed in school meal options that children for high fat food such as
pizzas and chips over salads and vegetables.

During writing this project I recognized that I'm telling you how to live
healthy, while my living style is absolutely opposite. My main mistakes
are:
   - I don't eat breakfast neither dinner
   - I have domain meal at six o'clock (often this is my only hot
     meal)
   - I like fry food
   - I like chocolate and I eat it a lot
   - My food is monotonous

- I have athletics trainings every day and I consume much energies, so I should eat more, but I don't

I promised to myself I will try to eat and live healthier.

When you decide to be on a diet or just to live healthy, then you must know your body needs vitamins, minerals, carbohydrates, protein and fibre. Caloric needs vary according to age and activity levels. Teenage girls must avoid exaggerating losing weight, because this could lead to anorexia and bulimia.